

## Coaching Tip Number 24

**Ambitiously Pursuing Your Own Self-Direction by Jim Rohn (Excerpted from The Power of Ambition series)**

**Coaching tips will come out once a month to give you a flavor for what coaches do in an active coach/coachee relationship. If you have others that you would like this tip to go to each month you may send me their name and I will make sure they are added to the distribution list or you may forward this information yourself. For more information about coaching services at Marshall Space Flight Center you may contact Janie Moyers at 544-7552 or email [Amanda.J.Moyers@nasa.gov](mailto:Amanda.J.Moyers@nasa.gov).**

**What is the origin of true ambition?** There exists really only one place to find true ambition and that is within you – in every thought, in every movement, in every motivation. Your ambition is an expression of who you truly are.

Self-expression - isn't self-expression really self-direction? How you think, how you move, how you motivate yourself. Ambition is a result of self-direction, and self-direction is one of the six key principles necessary for building ambition. **Positive self-direction** says, "I know who I am and I know where I want to go. I'm accumulating knowledge and experiences and feelings and philosophies that will help prepare me for opportunities that I know will show up without notice or any help on my part." Because you know where you want to go, you have already been working on the parts of your life and personality that will make you better equipped for opportunities that will get you there. Working on your attitude, working on your health, working on your time management skills are all part of self-directed change. Putting it all down on paper may help you see your progress. And you constantly see yourself in the place you want to be, going in the direction you want to go. If I can see it, I can build it.

Direction determines destination. So here is a question you must ask yourself, "**Are all the disciplines that I'm currently engaged in taking me where I want to go?**" What an important question to ask yourself at the beginning of the month, the beginning of the week, the beginning of the day. Because here is what you don't ever want to do - don't kid yourself hoping you will arrive at a good destination when you're not even headed that way. You have to ask yourself often, am I doing the disciplines that are taking me in the direction I want to go? Don't neglect to ask these important questions, the set of your sail determines your destination.

Is this the direction I want for my life?

Is this someone else's direction?

Is this a goal I have been ingrained with since my childhood?

Is this goal my parent's, my spouse's, my boss', my children's or is it MINE?

Ask yourself these questions and then debate them. After you have answered these questions within yourself, then take it one step further and ask, "What am I doing that is

working or not working?" **Debate it all.** Work with your mind to figure out the best possible direction for you - your self-direction. And then ambitiously pursue your own self-direction. Let the power of your own ambition take you where you want to go, to do what you want to do, to create the life you want to live!

#### **Bonus Coaching Tip for the Family**

**Developing healthy personal relationships and raising win-win children is a worthy ambition and two tips that you might keep in mind are:**

**Build a home atmosphere in which each family member respects the needs, dignity and individuality of all the others. Make your cornerstones love, caring, trust and giving.**

**Maintain an atmosphere that encourages free and open communications. Encourage all family members to express feelings and opinions without fear of recrimination or reprisal.**

**Building your family's foundations on love, caring, trust and giving and encouraging communication fosters a nurturing environment in which your loved ones can thrive.**